

## WITNESS

We all came to planet earth to live blissfully. But though wealth and success we are getting only temporary pleasure, but not eternal bliss. To get bliss, ultimate bliss, satisfaction and compassion; you have to transform into witness. Now I will explain what to do to achieve this state.

In any experience compulsory there are 3 things. Observer, observed and the 3rd is the relation which joins these two, the experience. Observer and observed are the two angles of witness. When these two disappear or melt in experience, the witness for the first time arises in its totality.

Most people think that the observer itself is the witness. But in reality the observer is not the witness, observer is a part of witness. Whenever part thinks itself as the whole, then problems arise.

The observer means the subject and the observed means the object. The observer means that which is outside the object and also means which is inside the object. The inside and the outside can't be separate. They are together. When observer goes beyond Raaga-Dweshya, then only attachments disappear and he becomes pure. When he becomes pure or formless or goes beyond duality, then only he can be inside, outside and everywhere. When this togetherness or oneness is experienced, then the witness arises.

You cannot practice witnessing with particular procedure. If you are practicing it, then you are practicing only observing. Then what to do to reach witness state? Allow subject and object to melt in the experience generating at that moment. For example when you see rose flower, forget completely that there is an object seen and a subject as a seer. Allow the feeling generating at that moment, to overwhelm both of you. By doing like this you and rose are no more separate, you both become ecstatic union.

Whatever you experience through sense organs, try to unite with it. Allow this experience happen again and again. The more it happens, its better. Because doing like this is not an art, its knack, genius, trick. By using knack you must know how to get it. Once you know practically then you can trigger it anywhere, any moment.

When the witness arises, then there is nobody who is witnessing and there is nothing to be witnessed. There remains only undivided pure consciousness and pure energy. This knack is not a static phenomenon. It is more dynamic process of flowing with unity, ever changing, merging and melting. The rose reaching you, you entering into the rose; it is a sharing of beings.

So forget the idea that the witness is the observer. You can practice observation, but the witness happens. Observing is one type of concentration. Because of observation your ego becomes more stronger. The more you become an observer, the more you will experience the separation and distance.

The scientists observe, the mystics witness. Scientists observe everything very keenly, sharply without leaving anything. But the scientist doesn't know God. Although his observation is very deep, yet he remains unaware of God. Because the more they observe, the more they become separate and away from the existence. Then the bridge which unites both is broken and walls arise. By this they become imprisoned in their own ego. Here mystic means the person who knows God and God energy which is hidden secretly.

The mystic witnesses. But remember, witness is a happening, a byproduct of being total in any moment, in any situation and in any experience. So totality is the key. By being in totality, witness arises. So forget about observing. It will give you more accurate information about the observed object, but you will remain as it is, forgetting your own-consciousness.

Science is related to objects, art is related to subject, but religion is neither this nor that. Religion is the meeting of the subject and the object, religion is the union of female-male within. Religion means disappearance of dual separation. In religion, the dual energy forms, release their identity and innocently purely dance together and integrate. This integration is witness.

Here the observed means, anything in the universe, anything in your body, your mind and your heart. Understand that not only with good, but with bad also, observer should integrate. This means with bad characters also his union must happen and through it also witness should arise. Then only you will find the solution for any problem.

For example if you are affected by depression, stay with it, wait and see what happens. You won't stay in depression for long period. Nothing is eternal except God and God energy in this creation; but energy forms created by them are ever transforming by undergoing change, this is the law. This universe won't break its own created constitution. So you can't be depressed permanently, because everything is moving and transforming continuously.

Universe won't violate its own created constitution, just to keep you in depression permanently. If you observe your depression properly, you will realize that every second it is moving and renewing itself. So first stay and observe depression without doing anything. If you accept it as it is without doing anything, then only transformation begins.

After that, feel the depression - taste it, scold it, cry in it, praise it, play with it happily, give your love to it and become one with it. Like this, by different ways if you tune yourself according to the changes happening in depression, suddenly your merging with depression happens. Then from it pure awareness or witness appears.

Person who accepts even depression cannot be depressed. It stays with you if you have rejecting feeling towards it. Then you will try to get rid of it. So identify ever

changing nature in everything. To know how to integrate bad energy like misery and how to transform misery into ultimate bliss, read the topic “guide”.

Most people telling me that even though they are in awareness and witnessing, problem and its related fear remains as it is. My reply for this is, if you have fear towards your problem or if it is affecting you in any way, then that state is not perfect witness state. If you are not at all affected by it, seeing it as divine, if you go beyond and stay in blissful state and stay comfortable in fear, then only it is perfect witness state.

For example if you want to learn swimming. First you feel fear by seeing water. But bravely if you jump into it, initially you feel fear and become panic. Even then you will continue your effort. If you don't succeed then you will learn with others help. Then the fear towards water vanishes.

You will become one with the water. Then you can stay on water comfortably and you can float like a ball. I am saying this state as witness. Your aim is to stay with it fearlessly. Without jumping into water, even if you spend maximum time in observation, your fear stays as it is. If you walk from the edge of the river and reach the sea, your fear increases further but won't reduce. Because sea has unlimited expansion and unlimited depth.

Here what you have to understand is that, your merging with everything won't happen immediately. You can merge easily with things which you like. But you can't merge with the things which you dislike. You have dislike or fear towards it. So first know about them, When they become enemies and when they become friends. Know what are the merits and demerits by experiencing and by observing. In every energy-form you will find both helping nature and killing nature. So your merging with disliked things will depend on, deeper understanding you gain through every experience that they also have helping nature.

That means, you have habit of developing enmity with bad energies. But now you have to develop new knowledge which is needed to make friendship with them, and after getting confidence only, you will take bold step to integrate with them.

Understand here that - like scientist: ignoring yourself and only observing energy forms and getting knowledge about them is compulsory. Also to know who I am, ignoring energy forms, it is also compulsory only to observe yourself that means observing the subject. But in both cases because of having separation between you and energy forms, knowledge gained through them gives you temporary pleasure. Eternal bliss happens only after merging of yourself with energy forms. That's why understand that yogam or union is greater than knowledge.

Grasp here that your journey should move from enmity to friendship, from friendship to oneness. Even though you are friends it gives you temporary pleasure. Because division is continuing and also anytime your friendship may change into enmity. So only after reintegration eternal bliss happens.

Finally what I want to say is that, merging happens whenever you are creative with anything. So it is not a question of what you do, it is a question of how you do it. And ultimately it is a question whether you do it or you allow it to happen. If you allow it to happen, whenever there is a creative meeting, you will suddenly become witness. When the observer and the observed merges and becomes one in an experience, then only it happens.

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### **MELT**

If you want to reach soul by going beyond body, mind and heart, first recognize that you are affected by your thoughts and living in them imprisoned. After that turn your focus from thoughts to “yourself”, and then practice melting. Whatever happens within, without participating in the process, you say that only I am melting, and melt like an ice cube and become pure. After that spread inside. Means without talking, without thinking, not doing anything, only stay in a feeling that I am present in the whole body. Then you will enter into sleep like state, or coming out from your parts you stay in empty space. In this state if you can stay for some time, then thoughts dissolve on its own and silence happens within, and after that soul appears. Then you will experience pleasantness, lightness, freshness and blissfulness. Without opening your eyes immediately, spread this bliss to all your parts. Then you will get solution to all your problems. Also coordination happens among all your parts. This meditation can be practiced by anyone, anytime, anywhere, and no time limit. Daily practice this meditation for at least 10 minutes.